



Marky Mark's Funky Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



234 kcal

BEVERAGE

DRINK

Ingredients

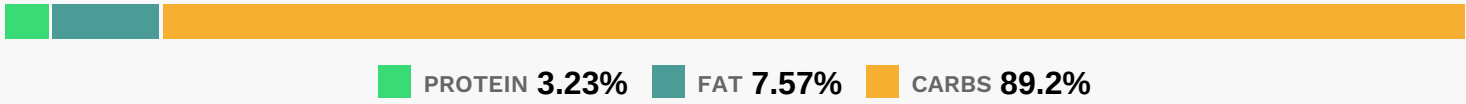
- ☐ 2 dashes angostura bitters
- ☐ 1.5 ounces cachaca
- ☐ 0.8 ounces juice of lime fresh
- ☐ 1 grating nutmeg whole (to grate)
- ☐ 0.8 ounces karo syrup
- ☐ 0.5 ounce rum

Equipment

Directions

- ☐
- Combine cachaça, rum, passionfruit syrup, lime juice, and bitters in a cocktail shaker filled with ice. Shake until well chilled, about 15 seconds.
- ☐
- Strain into ice-filled serving glass, grate nutmeg liberally over the top and serve.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:0.4, Inflammation Score:-2, Nutrition Score:1.0639130515249%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 233.76kcal (11.69%), Fat: 0.74g (1.14%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 19.14g (6.96%), Sugar: 14.1g (15.66%), Cholesterol: 0mg (0%), Sodium: 15.98mg (0.69%), Alcohol: 22.22g (100%), Alcohol %: 27.28% (100%), Protein: 0.71g (1.42%), Vitamin C: 6.44mg (7.8%), Manganese: 0.06mg (3.22%), Calcium: 20.83mg (2.08%), Fiber: 0.5g (2%), Copper: 0.03mg (1.46%), Magnesium: 5.36mg (1.34%)